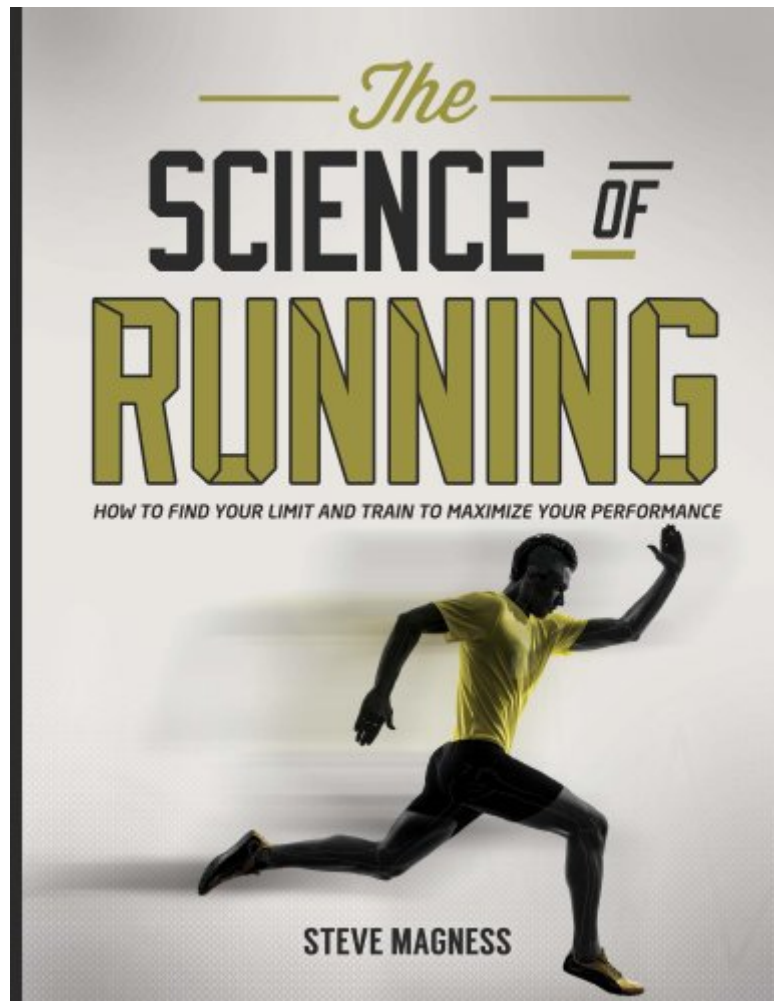


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# The Science Of Running: How To Find Your Limit And Train To Maximize Your Performance



## Synopsis

If you are looking for how to finish your first 5k, this book isn't for you. The Science of Running is written for those of us looking to maximize our performance, get as close to our limits as possible, and more than anything find out how good we can be, or how good our athletes can be. In The Science of Running, elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners, to deliver an in depth look at how to maximize your performance. It is a unique book that conquers both the scientific and practical points of running in two different sections. The first is aimed at identifying what limits running performance from a scientific standpoint. You will take a tour through the inside of the body, learning what causes fatigue, how we produce energy to run, and how the brain functions to hold you back from super-human performance. In section two, we turn to the practical application of this information and focus on the process of training to achieve your goals. You will learn how to develop training plans and to look at training in a completely different way. The Science of Running does not hold back information and is sure to challenge you to become a better athlete, coach, or exercise scientist in covering such topics as: What is fatigue? The latest research on looking at fatigue from a brain centered view. Why VO2max is the most overrated and misunderstood concept in both the lab and on the track. Why "zone" training leads to suboptimal performance. How to properly individualize training for your own unique physiology. How to look at the training process in a unique way in terms of stimulus and adaptation. Full sample training programs from 800m to the marathon.

## Book Information

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## Customer Reviews

In the past year, there have been a number of excellent books on training distance runners published: Greg McMillan's *You (Only Faster)*, Owen Anderson's *Running Science*, Jack Daniels third edition of his *Running Formula*, Pat Tyson's update of Joe Newton's classic *Coaching Cross Country Successfully* and now the most recent addition to this list is Steve Magness's *The Science of Running*. For those of us who remember when the only guidance on the subject was Fred Wilt's *How They Train* and a quarterly publication, *Track Technique*, we appreciate their efforts. Steve Magness's avowed purpose is to integrate the separate silos of coaching practices and research science. His own qualifications are impressive: high school phenom, disappointing college career followed by a quest to study the best coaches and coaching in the world and then his absorption of the science of running and exercise physiology (much of what appeared on his informative science of running blog). He also spent a stint with the Nike Oregon Project, seeing and supervising first hand the training of world class athletes. All this has been distilled into the *Science of Running*, a 331 page opus that is divided into two parts: the science and then the coaching. Mercifully, the 144 page science section is not a biology lecture on mitochondria, lactate threshold, and VO2 Max concepts. True to his promise, he attempts to use science to guide training. One learns that there is no rational basis for the current fixation on the emphasis of running at VO2 max. Other insights include that there are numerous signaling pathways activated by different types of training that can accomplish the same adaptation, that sprinting is the best plyometric, the importance of correct biomechanics to optimize the storage of kinetic energy.

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